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nineteen hundred & eighty two

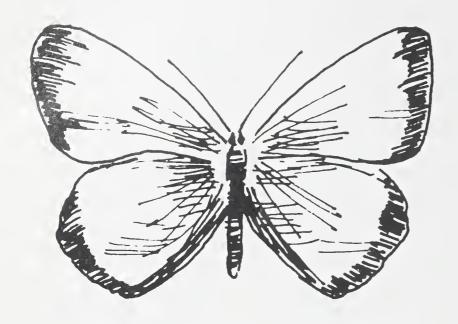


https://archive.org/details/varsitynurse1982toro

TOGETHER N G



# UNIVERSITY OF TORONTO FACULTY OF NURSING



We start with a thought, a notion We dream, we grow, and we plan We create, and put into motion A will to help our fellow man.

We gather all we need to know
We learn the gift of giving
Then travel outward, promoting life
. . . the joy and hope of living.

J.M.





#### **OUR DEAN**

I am pleased to be part of this year's publication of the Yearbook for it provides me with the opportunity to salute the Class of '82 in a formal and lasting fashion. In so doing, all members of the Faculty of Nursing join me in offering congratulations to each of you for your achievements. You have influenced the life of this Faculty and University in multiple and varied ways, many of which are captured in the pages of this and other editions of the Yearbook.

Graduation, of course, marks the end of one stage of your life and the threshold of a new stage. You make your entrance on that new stage equipped with the potential for bringing comfort, enrichment and growth to your chosen world. The challenge is now yours to continue the pursuit of excellence in whatever your undertaking. And may many joys and satisfactions come to you.

Phyllis E. Jones Dean

# AND OUR UNDERGRADUATE CHAIRMAN



I am delighted to have this opportunity to extend greetings and very warm wishes to the 1982 graduating class and to all the students in the Faculty in this 1981-82 edition of the Yearbook.

I know that I speak for all the faculty in wishing our 1982 Graduates well as they enter the working world of the Profession. To say that we are proud of you is said sincerely and is a reflection of our confidence in your ability to provide a high quality of care to all your clients wherever you may practice. We believe that you have completed a programme that has prepared you well for our challenging and ambiguous world. Four years of theories, principles, facts and conceptual frameworks (dare I mention this word!) bound together with critical thinking, competance, sound judgment and commitment will stand you in good stead.

The two days of the four years which have most meaning for me are Registration Day of Year I and Convocation Day of Year IV as I see the same expression of anticipation for the future in the faces of young people embarking on a new phase of their lives. It is a privilege to be part of the years in between these two days and our rewards are many.

To those of you in the in between years we wish you well and remind you that "Your Day Will Come."

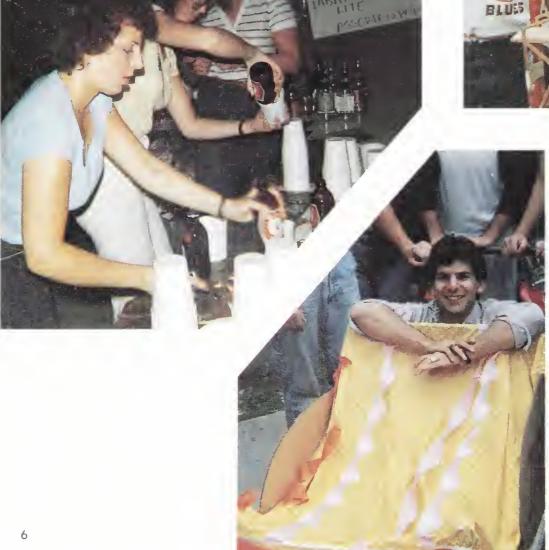
Good luck to you all Anna Jean Rouse

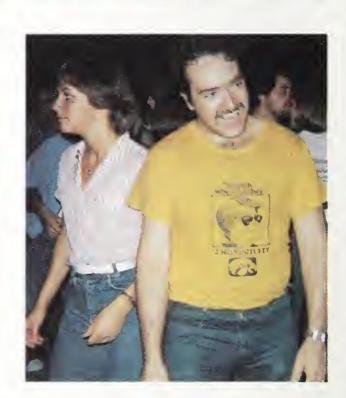
# KEEPING









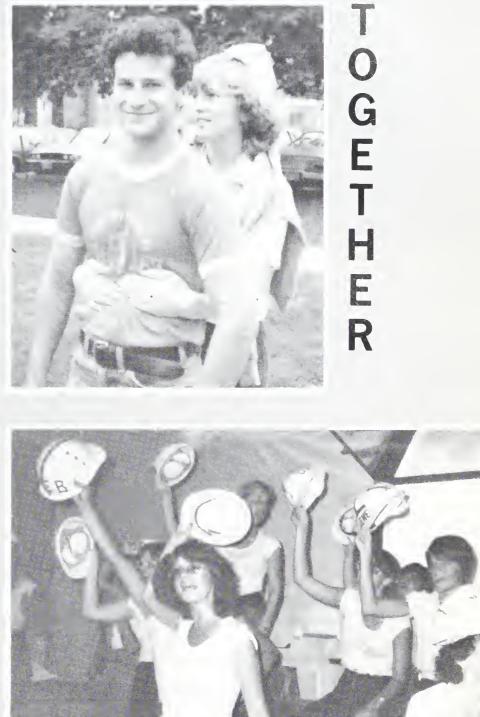


# **ORIENTATION**























THERE GOES THE LGMB AND OUR FROSH



WE'RE GOING
TO HAVE
A PARTY
WHEN THE
GANG'S
ALL
HERE











### SHINERAMA'81

As I am writing this message, the final total for Shinerama 1981 is not tallied, but it is more than 1980's total of \$7,000. My goal as director was to increase the total of the two years, but in doing that, the number of shiners decreased!

For the first time we had a Shinerama warmup rally on September 18. The Bed race down St. George Street gathered crowds of students, television crew, and engineering alumnus, Paul Godfrey.

My personal thanks to the nurses (who outnumbered the engineers), who braved the cool, dull weather to help C.F. children. The best part of Shinerama (beside the pub), is the satisfaction of knowing we as members of a health profession care about the future of C.F. children. The Canadian Cystic Fibrosis Foundation is very appreciative of our efforts, so please continue to "help give a child the breath of life."

Keep shinin'

Sherry Pajari Shinerama director 1980, 81





This guy needs a nurse.



Barb to the rescue?









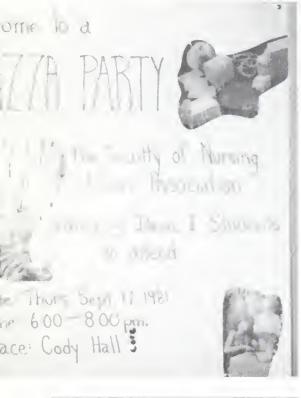








ORIENTATION COMMITTEE

























# WINE AND CHEESE PARTY























THE ANNUAL
GATHERING OF STAFF
AND STUDENTS AT
HART HOUSE

# SUCCESS











BASIC I... BASIC II



1-L: Back: A. Chmelik, S. Marangos, J. Rehder, L. Cunic, S. Johnston, C. Anderson. Front: J. Liut, A. Ciullo, D. Sidmar.



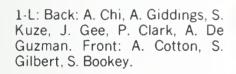
1-L: Back: V. Pociluyko, L. Moore, K. Kasmierski, S. Guest, E. Stathokostos, J. Kenny, S. Bobkin. Front: S. Wong, S. Flynn, L. Ferguson.

1-L: Back: L. Oag, C. Bebenek, M. Langford. Front: M. Milne, L. Maxwell, M. Pregelj.





1-L: Back: L. Coolen, C. Hayden, J. Linton, C. Goldberg. Front: S. Lavery, A. Shields, M. Bailey.



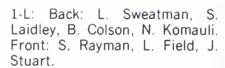




1-L: Back: M. Kreidstein, E. Dandar, P. Lin. Front: E. Kurpita, A.M. Dooner, J. Nishikawa.



1-L: Back: K. Yii, B. O'Connell, P. Leventis, J. Robb, L. Reimer, B.A. Walsh, S. Vanluven. Front: P. Ferrier, J. Page, M.L. Chan.







1-L: Back: K. Howes, B. De Luca, J. MacCoubrey, J. Zettle, R. Bosso, G. Toth.

















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#### **BASIC TWO**



Top: S. Cheung, E. Basmadjian, J. Wendels, C. Hemans, K. Stewart, A. Lobsinger, L. Wilkie, C. Fry. Bottom: C. Rukas, G. Sagritalo, B. Wallace, C. Syer, D. Drascic.



Top: C. Hemans, I. Holubiec, B. Wren, S. Stewart, D. Kehoe, P. Howe, M. Korchinsky. Bottom: M.L. Kelly, W. Koblin, B. Hirschorn, S. Kang, J. Jones, L. Kowal.



Top: D. Freeland, S. Zagerman, J. Wesenberg, S. Williams, C. Sixt, P. Mastrilli. Middle: S. MacMillian, J. Jones, J. Fung, S. Kang, S.Telfer, C. Hall, W. Lam, M. Steppan. Bottom: J.Young, R. Wilton, R. Muir.

Top: L. Cornish, C.Hall, L. Bennett, C. Bertazoon. Middle: L. Burns, C. Hamilton, M. Chapman, P. Howe. Bottom: M.L. Kelly, M. Korchinsky.

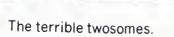


Top: C. Stuart, C. Podio, M. Steppan. Middle: D. Sittler, K. Stewart, V Rudolph, L. Simpson. Bottom: G. Sagritalo, C. Sixt, M. Rhodes.











Practice makes perfect!



Top: J. Ang, I. Holubiec. Middle: K.A. Fitzgerald, K. Duvnjak, M. DelMastro. Bottom: P. Chong.

Top: A. Major, R. Muir, E. Levy, D. Lemieux, S. MacMillian. Bottom: G. Marasco.







#### THE PULSE



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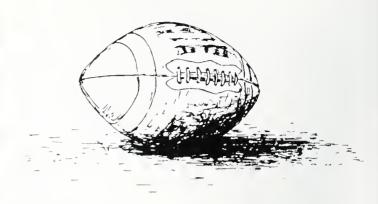
# sthoking is for the











Back: "Tex," Maureen Cuddy, Wendy Coopman, Carolyn Sixt, Lori Button, Barb Denniss, Debbie Sittler, Phyllis Chong, Robin Muir, Cheryl Stuart. Front: Becky Snyder, Maria Brum.















Laura Dampf, a full time undergraduate student at the Faculty of Nursing has played Varsity basketball for the past four years. Many students do not know Laura, but the ones who do are also familiar with the excellent record of the Varsity basketball team and with Laura's outstanding contribution. In her graduating year, we would like to congratulate Laura for her fine efforts. Good luck!



Many students have been awarded this year for their outstanding contribution to sports:

Sixt Award (70 Points) Becky Snyder

Snyder Award (60 Points) Roxanne Lloyd





Kalin Crest (15 Points)
Kim Bull
Wendy Coopman
Maureen Cuddy
Joanne Fung
Robin Muir
Debbie Sittler
Carolyn Sixt
Cheryl Stiart











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Good luck in your future careers

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#### **BLOOD DONOR CLINICS**

This year there were two blood donor clinics held at U of T. In November, the nurses' enthusiasm was demonstrated by a turnout of 76 donors. However, this number dropped in January to 32. Was everyone hoarding their blood?! The class of 1983 (third year students) was awarded the trophy for having the highest percentage of donors of all the classes. Congratulations to all those third year students who were able to donate. An apathy award, or an award for having donated the least amount of blood, should go to the class of 1982. Those fourth year students were probably anemic from their hard work on term papers and clinical duty!

Thank you to all who took the time to donate a pint of blood. To everyone else, there is always next year!

Sherry Pajari, Charity Representative



Waiting in line for orange juice, cookies ... and a finger prick!



Preparing the donor.



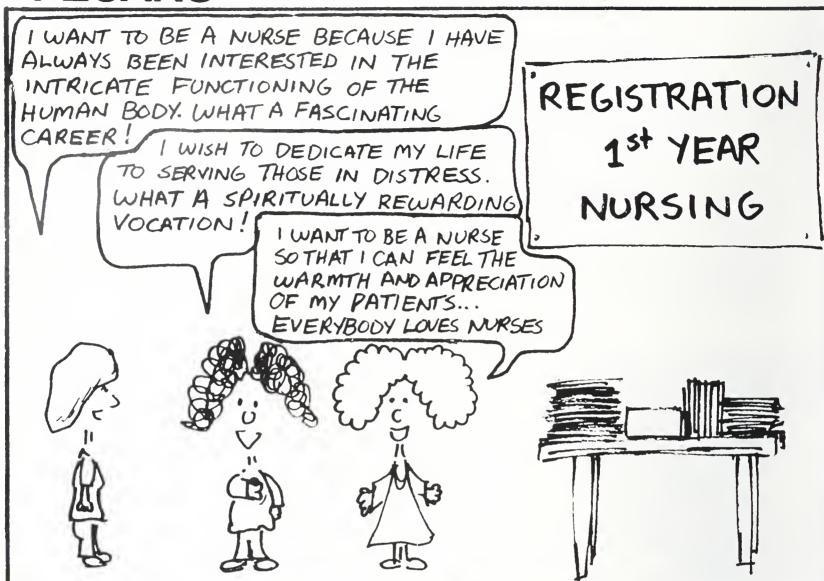
... Ah! It's all over!



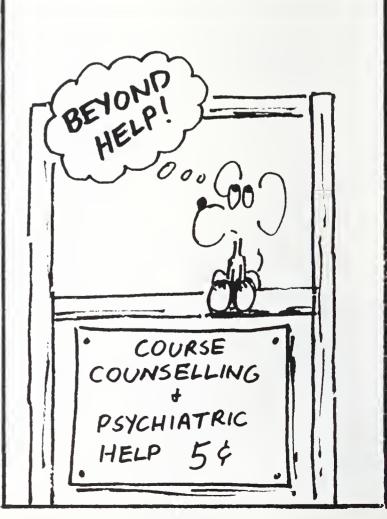
Waiting patiently . . .

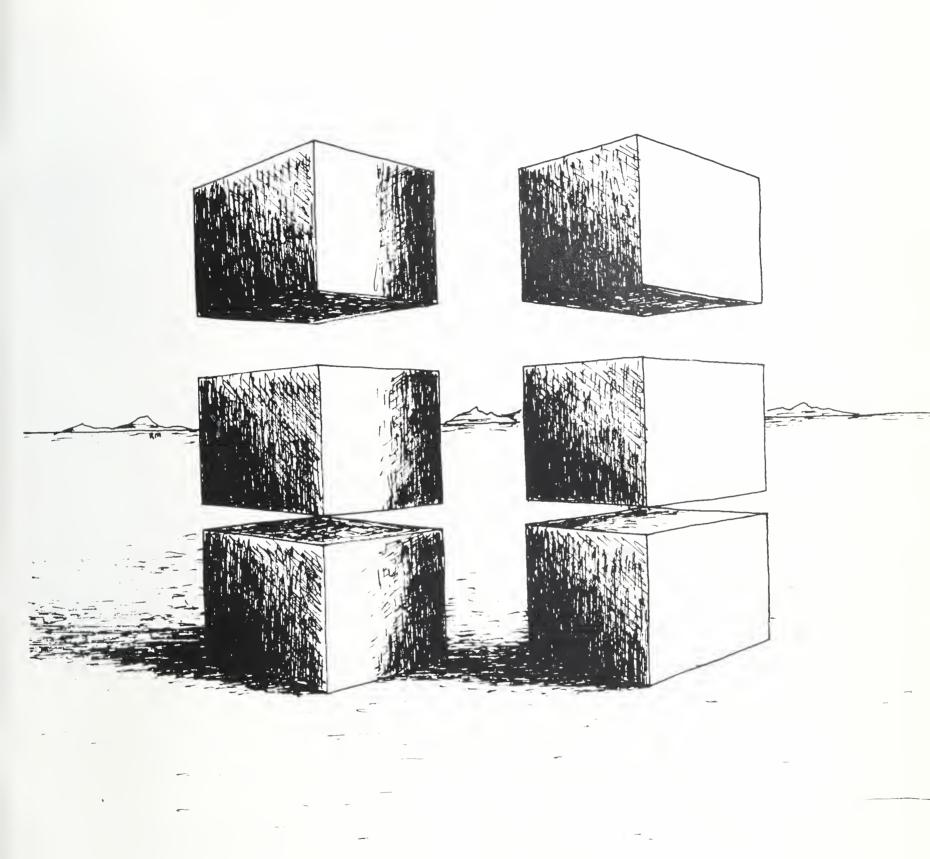


### **PECANS**









# **ACTIVITIES**



# ANNE SLOAN FNSC PRESIDENT 1981-1982

I would like to thank each and every one of the Student's Council 81-82 for their participation and enthusiasm this year. I feel it was a very successful year, which included everything from great pubs, the traditional wine and cheese party, an informative nursing careers fair, and two very interesting issues of the "Pulse." As well, Student's Council arranged for vending machines to be installed in the lounge and started fund raising for the library to replace lost journals and buy some new texts. A very fun filled Spirit Week was held from February 1 to February 6.

Student's Council is an ever changing body, always faced with different problems each year - but, the basic element remains the same - it means being involved! It provides a new and different perspective on campus life, and it exists for the benefit of Students. I would encourage each one of you to get involved in some way, no matter how small. I am sure you will find that it provides a means for you to express your opinions and change things here at the U. of T.

To the Graduates - WE MADE IT! We survived four years of 5:00 a.m. mornings, clinical assignments, APA format, not to mention hours and hours of hard work. We shared many common experiences - some positive ones and some negative ones, but I feel that we are a unique class. We fought hard for what we believed in and tried to change the system to better accommodate years behind us.

I would like to wish everyone the very best of luck in whatever you decide to do. I hope that you remember U. of T. Faculty of Nursing, with as fond memories as I will.

# STUDENT ADMINISTRATION



# STUDENT COUNCIL

1-L: Back: Lori Button, Jane Stephens, Mary McAllister. Front: Maryanne Slade, Anne Sloan.

1-L: Back: Sandra Marshall, Becky Snyder, Barb Denniss, Heather Marshall, Ann Ashby, Sherry Pajari, Rosalyn Gamble. Middle: Julie Sanguins, Carolyn Sixt, Geraldine Cullen, Irene Holubiec, Sandra Williams, Kathy Duvnjak. Front: Karen Life, Julie Linton, Soo Ching Wong. Absent: Mike Villeneuve, Mary Grespan.



## JANE STEPHENS AND ANN ASHBY



S D I R E C T O R S

'81-82

The Social Committee has been very busy this past year, planning and hosting a variety of great events. The widely acclaimed "Nursing Pub" was held on several occasions over the season. The Shinerama Pub as well as the other three pubs provided many "wild and crazy" experiences for all involved. Funds raised from these events are used to support the Student Council and provide donations for Charitable Institutions.

The annual Wine and Cheese Party held on October 14th and the Nursing Formal, affectionately known as "Nightcap '82," held at the Sutton Place Hotel on March 6th were both a great success.

A special thanks must be given to Ann Ashby, my assistant, who has worked tirelessly helping to arrange the events. Thanks also is due to the variety of individuals who worked at the pubs and provided support.

This has been a successful year and I have enjoyed being Social Director.

Jane Stephens

## **CAROLYN SIXT**

A D I H E E T T O C R '81-82



Nursing sports functioned well this year with a team entered in almost every sport offered by the intramural department. Our competitive basketball team managed to complete the season with a win to our credit. Here's hoping all competitors will grow a few inches over the summer. Thursday night volleyball was enthusiastically supported by the nursing students. The broomball tournament was a great success. All coaches and managers should be thanked for their help and patience in running our teams. Everyone should be proud of the nurses who helped bring recognition to the Nursing Faculty in athletics. Although we participated, we need everyone's support so why don't you come out next year and see what intramurals are all about. NO TALENT NECESSARY. ONLY A SENSE OF HUMOUR AND A DESIRE TO HAVE SOME FUN!!

Carolyn Sixt

# EDUCATION DIRECTOR



MIKE VILLENEUVE

This year, it has been a pleasure to serve on the student's council. As members of the council, we attempted to relieve some of the anxieties and problems of being a student, by sponsoring various activities for many interests.

The education committee organized Careers Day '82, offering all students the chance to discuss nursing careers with representatives from several fields of nursing. This type of activity, as well as others sponsored by the committee, such as TV listings, orientation manual were designed to provide additional educational activities for the students and faculty. Other outside events, such as the CUNSA conferences, and the RNAO meetings provide further enlightenment. As the role of the education director becomes more refined, and information is accumulated over the years, hopefully even more fulfilling and interesting activities will be offered. We hope to eventually have an extensive library of educational and career information which would be available to each student, within the faculty. This, of course, will require time, and your assistance.

Once again, many thanks for this opportunity. I wish the graduating class the very best of luck as they leave us. The challenges are many, and the demands are large in this field - I hope that each of them, the rewards will be rich.

# SENIOR C.U.N.S.A. REPRESENTATIVE



## KATHY DUVNJAK

This year, as Senior C.U.N.S.A. Representative, I focused much of my attention at increasing the student body's awareness of C.U.N.S.A. and its functions. Contrary to what most believe, C.U.N.S.A. is more than an annual conference. It is a professional association of which, YOU as a student are a part of. Annie Simmonds, the national chairperson for 81-82 wrote in the C.U.N.S.A. winter newsletter, "C.U.N.S.A. has A LOT to offer - whether you would like to be involved in research, or in establishing communication with nursing students, or in expressing a concern in nursing . . . C.U.N.S.A. can help you pursue these interests and more."

In involving students this year, the following were pursued:

- Fundraising activities such as selling coffee, donuts and buttons, holding a swimathon/jogathon, as well as organizing a Bake Sale with the yearbook staff during Spirit Week.
- 2. Circulating to the staff and students of U. of T., the National Research Project of 80-81.
- 3. Encouraging students to write articles for the C.U.N.S.A. Newsletter.
- 4. Attending the regional and national conferences.

In summary, I would like to thank all those participating in C.U.N.S.A. this year, and especially the delegates attending the national conference. I would also like to express my feelings of enjoyment and excitement as being Senior C.U.N.S.A. Rep. It was definitely a rewarding and enriching experience!

Kathy Duvnjak

# S.H.O.U.T. REPRESENTATIVE

### KAREN LIFE



There is more to University than reading books and writing essays. At least that is what a whole group of U of T nursing students learned this year while doing volunteer work for S.H.O.U.T. S.H.O.U.T. stands for Student Health Organization of the University of Toronto. This year for the first time we worked at two centres: The Niagara and Alexandra Park Community Clinics.

Most of us worked during the evening. Usually putting in a couple of hours every other week. Our work involved history taking, physical and psychological assessment and collaborating with the staff to plan interventions. It was a chance to practice clinical skills, learn more about community nursing, and to work independently with clients. For a short time each week we became an integral part of the health team.

Not only were the two clinics used by student volunteers but they were also utilized by fourth year students during their clinical rotation. It is for these two programs that the Nursing Student Council supports S.H.O.U.T. financially and has a S.H.O.U.T. representative on council.

I, and all the nursing students who worked for S.H.O.U.T. this year, take with us fond memories of the staff and clients at the clinics that made this program such a worthwhile experience. From the week old babies to the ninety year old senior citizens, we care for them all. Their gratitude is worth more to us than any University grade. That's why we're in nursing.

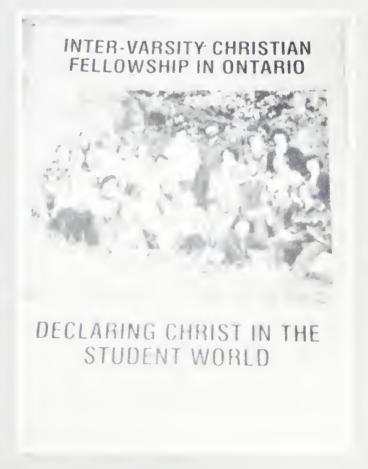
## **CHRISTIAN FELLOWSHIP**



L - R: Elizabeth Yates Valerie Brewster Absent: Audrey Bell Roxanne Lloyd

Nurses Christian Fellowship (N.C.F.), seeks to better prepare nurses to assist people spiritually, psychosocially and physically as they face crises. The concern of N.C.F. is to help people in providing quality nursing care which includes the spiritual dimension and reflects Jesus Christ. In order to do this, Bible study groups and special events, such as films, barbeques, sports, speakers are organized.









# **SPIRIT WEEK**

Spirit Week this year went from February 1st through 6th. Among the events was a hot dog sale sponsored by the Grad Committee, and a bake sale sponsored by both the Yearbook Committee and the C.U.N.S.A. Committee. Of course, the only way to top off this fun filled week . . . was with a pub!



Mmmm! One of our favorite pastimes . . .



... another great pastime. The pub!



Dancing...













. . . and good times!



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BASIC III . . . POST-BASIC II



L - R: Back: I. Goyaniuk, T. Shalof, M. Tom, L. Beeston, A. Kucire, J. Sherk. Front: M. Villeneuve, J. Newell, M. Wildberger.



L - R: Back: T. Jadavjí, E. Paly, M. Kalyn, K. Life, E. Stewart, A. Reid, A. Wisniewski. Front: K. Graham, A. Ashby, M. Gleason, K. Moísenkow.



L - R. Back: G. Cullen, L. Leamy, V. Pataracchia, J. Shaughnessy, K. Pender. Front: R. Castillo, C. Dalton, M.A. Kostuk, S.C. Wong.

L - R: Back: S. Perry, S. Reimer, C. Lee, B. Snyder, M. Muter, J. Stephens, D. Wabin. Front: L. Button, A.M. Flora, L. Yates, M. Brum, S. Kovalchuk.



L - R: Back: K. Gorham, J. Machin, D. Hearty, M. Coleman, B. Davidson, J. Timoffee, C. Olsen. Front: B. Ling, L Langley, S. Begg, J. Waterson, K.M. Lam.



L - R: Back: T. Fitzgerald, H. Muurinen, T. Wainwright, S. Keirstead, M. Ellis, B. Denniss, D. Bailey. Front: S. McDevitt, S. Crew, M.M. Contrasty, H. Kababejian.



L - R: Back: S. Nickle, T. Norris, S. Treherne, M. Chong, J. Joyner. Front: V. Brewster, B. Braj, A. Harner, A. Bell.













L - R: D. Birhenbergs, D. McGovern, L. Roy.



L - R: J. Breuer, R. McCamus.



L - R: T. Gammon, V. Brannen.



L - R: L. Labroque, R. McCamus, J. Lam.



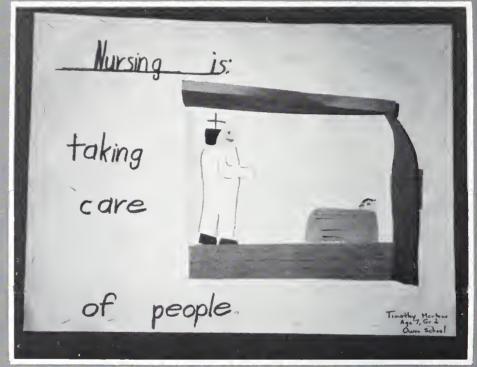






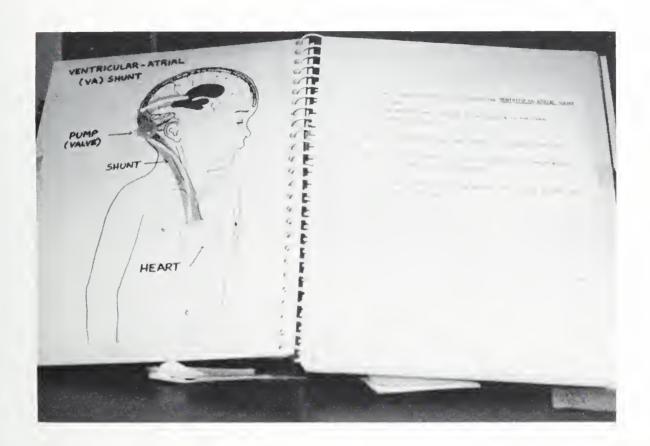








## **YEAR III**



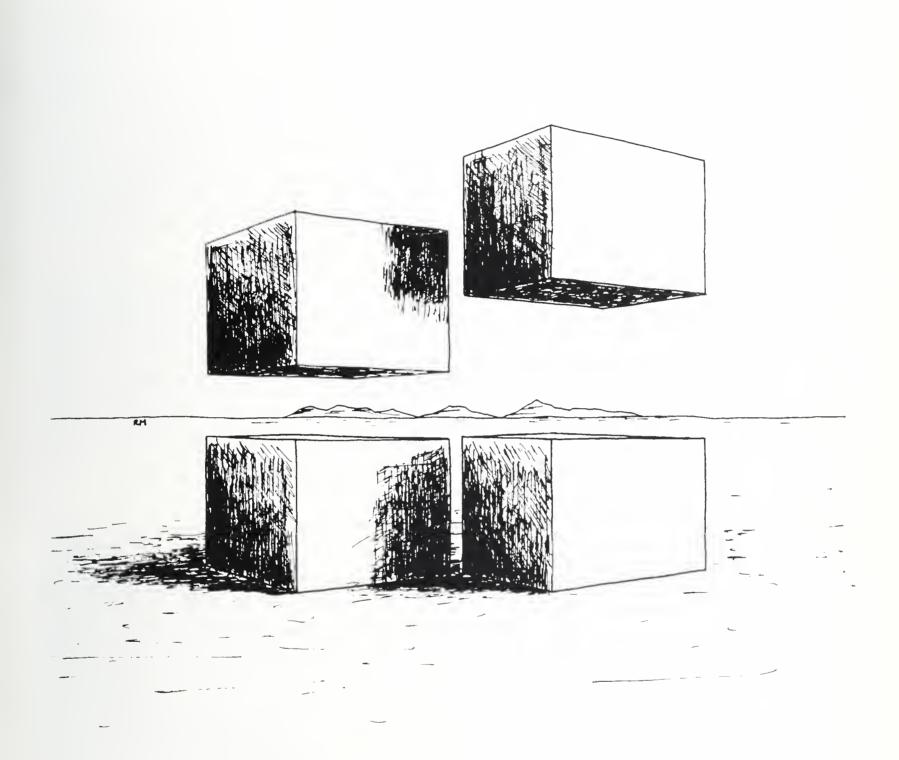
# OPEN HOUSE



This spring, students, alumni and friends, had an opportunity to attend the Faculty's "Open House." Various research and self-directed papers learning projects, submitted by third year students, were on display. The papers and projects, ranging from teaching classes to designing children books, demonstrated a great deal of effort and creativity. The students had obviously put a lot of hard work into their designs, and have shown that U. of T. nurses are concerned about the quality of care that they give their patients. Bravo!



"NOW, LET'S REVIEW THE Z-SCORE"



# **SPECIAL EVENTS**

# CAREERS DAY 1982



The education committee organized Careers Day '82, offering all students the chance to discuss the nursing careers with representatives from several fields of nursing. The afternoon provided some 'reality orientation' to the students, as the various employers explained realistically the duties of the new graduate. The exhibitors returned to their facilities with a sense of what U of T nursing is all about; they were impressed with the caring and enthusiasm brought to the course by the students.

> Mike Villeneuve Education Director

























# DEDICATION

1981 is the International Year of Disabled Persons. Although this year saw the launching of many projects and some very successfully completed, the real achievement may have been in increasing public awareness regarding the concerns of the disabled and our attitudes toward them. Our society poses many overwhelming problems for the disabled and although removing the many physical barriers promotes their more effective functioning in our communities, our attitudes and standards for the disabled person also pose a problem. How often do we judge their behavior in terms of what an able-bodied person may achieve? Publicity frequently centres around the successful disabled athlete or the parapelegic who runs a profitable business operation for example. Yet as nurses with an orientation toward the holistic and unique nature of each individual, we are failing if we succumb to these standards of judgement. Only by setting and acknowledging goals for the disabled that are attainable and self-set, do we respect their humanity. And as persons, only by recognizing both our and their weaknesses AND strengths, do we discover the true meaning of disabled: because to be disabled, is to be human.

Patricia Morris

#### Cogitations of a Cripple

I envy not those active men who shun both rest and peace Fighting the battle for success, seeking their golden fleece. Early up then traffic bound to reach their place of toil, There's no release lest someone else picks up the victor's spoil.

Late at night their desk lamps glow until the quota's made, then up to spend another day on the treadmill of their trade. This goes on from year to year as up the steps they wind, To reach the goal ambition set, but still no peace of mind.

As power, status, wealth increase, the goal moves ever higher; They sacrifice serenity on the altar of desire.
When will it stop this urge of man for fortune and for fame; Not until all values change and contentment is the aim.

Early on I joined the race and struggled with the rest Scaled the ladder halfway up, saw promise of the crest. But fate decreed "it shall not be" a stroke cut short my quest. Looking back throughout the years, did I pass the test?

At first consumed by jealousy, I cried Oh God why me? Why me? But as the months sped swiftly by, I gained His gift tranquility. Yes, I would use the wealth they earn with their effort and their strife, But better still are gems I glean from a sedentary life:

I hobble to my garden plot
Or just a single flower plot,
I have the time to watch them grow,
A pleasure some men never know.
I see a bud unfurl at dawn,
Smell the clover in the lawn,
A bee jets by to kiss a rose,
Squirrels play where the lily grows.
A bird trills out to greet the sun,
Its melody for everyone.
Imprisoned in my garden chair,
I see God's beauty everywhere.





To me all books fine treasures are, In books I travel near and far; I turn a page of history, Begin a modern Odyssey.
I always have the finest guides That each year of time provides. With Hemming way I visit Spain, With Michener return again.
Shakespeare and Dickens olde England show, With Haley and Lerby down South I go. A journey in books brings great reward, The cost, a simple library card.

Music is another jewel,
We have it trapped on disc and spool.
Records, radio and TV,
Combined with new technology
Turn all the world into our stage,
Fortunate are we this day and age.
As though possessed with celestial power,
I raise the dead for a concert hour;
Crosby, Lombardo, Nat King Cole,
Each in turn performs his role.
Many stars take curtain call,
In this, my private music hall.

So covet not your neighbour's life, it may be an illusion, Count solid gains you've made instead, shatter all delusion. For gains you've made, though these be small, others envy you, If you trade lots with someone else, you take his burdens too.

> Written by Les Moore Submitted by Kathy Duvnjak

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## **CUNSA CONFERENCE 1982**

In reviewing the special events during the past year, it would be impossible not to mention the Annual National CUNSA Conference. This year's conference was held in Ontario's "Steel City" - Hamilton. Needless to say, the close proximity allowed for the attendance of a large contingent from the U of T.

The theme of the conference this year was "Males in a female-dominated profession." Judging by the ratio of males to females at the conference, this topic appears to be a relevant one. However, many of the delegates did not feel this to be an issue. They believe that as the image of the profession changes, so will the complexion of its members. There appeared to be a unanimous view among the delegates and the speakers that men definitely have something to offer nursing . . . and nursing has something to offer men.

The speakers held varying viewpoints regarding nursing as a profession in the past and future. Judging by our experience here, it might also be said that they held varying degrees of interest for the delegates!! (ZZZzzz) One enthusiastic guest attempted to revitalize that interest. (Frankly, it was more an attempt to wake people up after the social activities of the night before!). Whatever the motivations, the results were the same: flushed faces, sweaty bodies and heavy greathing. Yes - it was "dancercize!" What a way to wake up!

Despite the difference of opinion regarding the conference topic, everyone came away with a little more knowledge. At the very least, they came away with new perspectives to think about. However, the most important gain from this experience is not academic in nature. Rather, it is the sharing of feelings, views and concerns with other students from across Canada and the friendships that ultimately ensue. It is the feeling of belonging to a group . . . a profession.

The bar is closing on the last evening of the conference. The music cries out repeatedly, "We are family . . .," and every one interlocked in the dance circle thinks of the "family reunion" next year in Montreal.

Ann Higgins BIV











Celebrating!





"Dancercize!"

Sing-a-long with Mike!





# THE FORMAL . . .

This year's formal was held at the Sutton Place Hotel on March 6, 1982. We again had the pleasure of being entertained by the Toronto Harbor Band who have played for our past three formals, much to our enjoyment musically and financially(!).

The dinner was noted as the best ever and the service provided by the hotel was equally superb. Everyone appeared to enjoy themselves as the consistently packed dance floor indicated, and the bartenders were kept busy all night.

The crowd was fairly evenly dipersed between all four years, and it was great to see large groups of first and fourth year students in attendance.

In short, the formal was a huge success enjoyed by all and I thank everyone who attended and hope next year's is as much fun!

Ann Ashby Asst. Social Director

























... NIGHTCAP '82

# Butter can be made purely and simply.

- Start with milk.
- Separate the cream from the milk.
- Churn to separate the butter from the buttermilk.
- Add salt for flavour. (Not, of course, in unsalted butter).
- Butter, an excellent dietary source of vitamin A, is naturally golden yellow. If cows are not feeding on pasture (e.g. in winter), natural colouring may be added.



# Imitations can't.

- Start with corn, soya beans, sunflower seeds, vegetables. Most Canadian margarines are made from vegetable oils. However, it is also permissible and possible to make margarine from fish oils, from lard and from tallow.
- Extract the oil from the vegetable or other base substance. Then bleach and deodorize the oil to remove its original odour and colour.
- Hydrogenate or interesterify to solidify the oil.
- Add an emulsifier to the oil.
- Add vitamins A and D.
- Add flavour and colour to imitate butter.
- Add water, skim milk or whey solids and salt.
   (There is, of course, no salt in unsalted margarine).
- Add a preservative which may be an antibacterial agent or an antioxidant.



In the manufacture of margarine, the basic oil, the quantities of some ingredients—even the process used—may vary from brand to brand and additional ingredients may be required.

# Naturally, the choice is up to you.

Nutrition Division, Dairy Bureau of Canada



**GRADUATES** 



CYNTHIA ALLEN: F.S.: I don't know! A.: To become rich and famous. C.M.: Don't remember - was asleep. S.A.: Making it to some classes on time. P.P.: Clinical reports and photocopiers.

CAROLYN BIECK: I'll remember the friendships, two hour lunches in H.H., walking up from union, the roof, NCF. F.S.: Are we late. S.A.: Waking up early for clinical. A.: To travel. P.P.: Photocopy machines!





LORELLA BIONDI: A.: To work and make money. F.S.: Daniel did you start your . . .? S.A.: Permanent psychological impairment. C.M.: Severe stomach knots. P.P.: Cody Hall.

MARLENE BRIERS: I can't believe I'm graduating after nine years of going part-time. My car will drive on its own to U. of T. My hope is for the perfect job or maybe I'll just retire.





DEBBIE BROWN: A.: To catch up on all the sleep I missed. F.S.: I'm so . . . depressed. S.A.: Surviving 3 years of New College food. P.P.: Frogs, 5:30 a.m. alarms. C.M.: Swiss Chalet.

SHELLEY BURCHART: "You cannot stop the fleeting time, No matter how you try, So be content to catch the moments, As they pass you by."





RUBY CHAN: F.S.: I am getting a headache. A.: To finish school. C.M.: Keep looking at my watch. S.A.: Learning to cope with missing journals! P.P.: Clinical reports!!

SHARON DONNELLY: A.: To marry AV. in July '82 and to be a psychiatric nurse. MEM.: My first enema when the patient said "wrong hole." F.C.M.: Psychiatry with Wendy Kasta at QSMHC. S.A.: Getting my B.Sc.N.





GLENN DUDMAN: F.S.: The thing to do is, not to worry! P.P.: Women who are intimidated by men. C.M.: Annie Higgins.

LENORE DUQUETTE: This above all: to thine own self be true

And it must follow, as the night the day,

Thou canst not be false to any man.

- Shakespeare





KAREN FERRIE (CARTER): C.M.: Frogs and Teddy Bears. S.A.: Mrs. P.P.: "Fairy" tales. A.: Motherhood. F.S.: It's been a slice!

ROSALYN GAMBELL: To be the President of ONA and go for more money for we downtrodden nurses. C.M.: How warm and friendly the 82 class was. S.A.: Passing. P.P.: "Playing games," weekly assignments. F.S.: It kills me.





ANNA GIALLONARDO: A.: To travel and then be a head nurse. F.S.: Hmm. C.M.: The nuts at QSMHC. Doing research at Med. Sci. Lib. S.D.: Rushing to the bathroom. S.A.: Passing Nur. 300. Graduating. My sanity.

KAREN GLISTA: F.S.: What's new and exciting with you? A.: Change the world! C.M.: Nursing Curse, Frogs, petitions. S.A.: Passing Nutrition. P.P.: Bulletin boards, photocopiers.





KATHY GRAY: Kathy's achievements include attaining her Mrs. degree. She is known for her excellent taste in planning the wine and cheese and for her fast Friday exits to Peterboro. Kathy's future includes promoting public health.

ANN HIGGINS: F.S.: You're a Bozo! A.: To get outta here! S.A.: Making it this far. C.M.: Depends on which one! I'm not quite sure who is more anxious for me to finish here, me or the Faculty!



ANN JERVIS: A.: To be able to integrate and internalize! F.S.: There's no point worrying about it! S.A.: To complete this course. C.M.: Support sessions! P.P.: Writing up weekly visit reports!





JEAN KIRKPATRICK: F.S.: 10-4 good GP gadzooks! gross! A.: To be satisfied. C.M.: DJ's warm acceptance into class of '82 Grad Ball '81, Grad announcements, Frank Veteres. S.A.: Passing. P.P.: "Playing games" reports.

CINDY KLAZYNSKI: F.S.: Did we have a class today? A.: To graduate. C.M.: Migraine headaches in clinical. S.A.: Returning to complete fourth year.





JUDITH LANG: Happiness is as a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you. Nathaniel Hawthorne.

HELEN LAU: A.: To go for community health. F.S.: I am going to faint. C.M.: Each year's turnover rate. S.A.: Woke up one day and realized what Nursing Education is all about. P.P.: Clinical's pressure, conference, research, etc.





TANYA LEESON: F.S.: How can I apply this theory in practice. A.: To teach Nursing Practice. C.M.: Those late nights at Med. Sci. Library. S.A.: Completing the integrated basic Post-basic Program. P.P.: Statistics.

JANET LEGGE: Janet is known around campus for her blond hair. She has been involved in many Council activities and isolates herself in the north at times. Interests include younger males with future goals of "changing" Nursing.





NANCY LUCE: ONWARD . . .

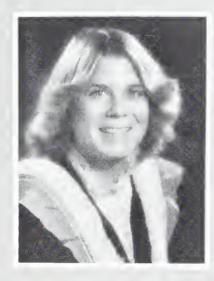
GLORIA LUTZ: F.S.: What's your theory on this topic? C.M.: Libraries on a Sunday afternoon. P.P.: Gung-ho Faculty. S.A.: Coming back for 4th year all the way from Calgary. A.: Six kids and a 10 acre farm!





EVA MANDRAPILIAS: F.S.: Good stuff. A.: To live a happy full life. C.M.: Is it time yet? S.A.: Going to almost every Friday night pub at Med. Sci. P.P.: Male chauvinists.

MARIANNE MANN: A.: To become a successful professional, in nursing. P.P.: Clinical reports, 9 o'clock classes. F.S.: Only one more day of clinical left. C.M.: CUNSA Conference Edmonton 1980.





HEATHER MARSHALL: Heather is our "non-keen" student role model! Social director in 3rd year, she became known for her interest in beer and engineers! Her interest in geriatric nursing and sexual counselling prove an interesting combination! Good Luck!

SANDRA MARSHALL: A.: To be head nurse within 2 years. S.A.: Making it this far. P.P.: Bibliographies and libraries. All in all it was a fun four years. Good luck to everyone in their career.





LESLEY MATTHEWS: A.: To nurse and enjoy it? F.S.: Today is the first day of the rest of my life. C.M.: Nursing pubs that I don't remember. S.A.: Not remembering nursing pubs. P.P.: The med.-sci. library.

DANIELA MATTIUZZI: F.S.: I can't take this anymore! C.M.: (1st yr. clinical) giving out apple juice in a urinal. S.A.: Finally learning what urinals are for.





MARY McALLISTER: Mary has demonstrated her leadership skills by reviving the nursing yearbook. She is also known for her unique talent to apply theory to ALL situations. Future includes being an "independent" woman and having children.



MARGARET McGEE Nursing, What a Life! What Life?

DONNA McGOWAN: F.S.: Good stuff! P.P.: Punk rock. A.: To bring back disco. S.A.: Never missed a Med. Sci. pub.





LAURA LEE McKENNA Gone To Texas!

LAURA McNEIL: F.S.: You have to pick more daisies. C.M.: Nursing curse, a time in front of Best. S.A.: Surviving without P. P.P.: Frogs, clinical assignments. A.: To finish the Bannister.





CAROL MEE: F.S.: I feel guilty! A.: Nursing instructor. C.M.: The photocopier. S.A.: Getting married during reading week. P.P.: Finding articles in the library, the nursing challenge exams.

SUSAN MENDOLIA: It has been a challenging four years. Glad it is over. Included working in the maternal-infant setting and having lots of babies. S.A.: Finding articles in the library.





JENNIFER MONKMAN: A.: To graduate. P.P.: Early morning alarms. C.M.: Wheelchair races. S.A.: Becoming a mom. F.S.: "I'm tough. I can handle it."

PATRICIA MORRIS: Pat is known for her Blues figure skating, super yearbook layouts and last minute essays with "A" marks! Her undecided future includes parties in Penetang, spinal cord patients and promoting mental health.





MARGARET MOYLUM: C.M.: Line-ups at the xerox machines. S.A.: Survivor of the Med. Sci. cafeteria. P.P.: NCP's and rude people. A.: To boldly go where no woman has gone before. F.S.: I want you to conceptualize.

SANDRA MURPHY: A.: To become a teaching team leader in a pediatric setting. F.S.: If you worry about tomorrow you'll never see the beauty of today. S.A.: Graduating with a B.Sc.N.





ANTONITA NATALE: F.S.: I have so much to do! A.: To finish school. C.M.: Ruby doodling on my nursing notes! S.A.: Maintaining an active social life!! P.P.: Clinical reports!!!

SHERRY PAJARI: F.S.: Over my dead body . . . ! A.: Not to burn out. C.M.: Not shining any shoes for 4 years. S.A.: Getting my degree! Shinerama. P.P.: Those who get term papers done weeks before they are due. Sam!!





NANCY POGSON: A.: To have a career in community health, sample many clinical areas and post-graduate education. C.M.: The frozen Cody Hall. S.A.: Graduating with a B.Sc.N.

CYNTHIA RICHARDSON: The permanent temptation of life is to confuse dreams with reality. The permanent defeat of life comes when dreams are surrendered to reality. James A. Michener.





DIANNE RIDDELL: It has been four memorable years filled with hard work and anxiety, enemas, happiness, bedpans, friendships, nervousness and BS prn.

LORETTA ROWAN-GRIFFIN: F.S.: I'd rather be sleeping. A.: To get a job, keep my husband and regain my sanity. C.M.: Cody Hall! Burden of Nur. '82. S.A.: Most time spent in photocopy line. P.P.: Chronic smilers. Bye!



JULIE ROWLAND: To evaluate my four years at the Faculty critically: they've been very . . . interesting? S.A.: Getting to class on time.





JULIE SANGUINS: F.S.: How much time is left? A.: Preventing myself from ending up at a nunnery! C.M.: Andrea's wine in the air. S.A.: Remaining unique in an institution of conformity. P.P.: No 'shared meanings' Frosh.

LORRI SHEPPARD: A.: To be a nurse. P.P.: Photocopy machines. C.M.: Bedmaking tests in first year. S.A.: Finding a place to live for fourth year. F.S.: It'll be nice to be done!





PATRICIA SIMONS: A.: To feel like one of the gang at Queen St. C.M.: Sitting next to L.S. in fourth year watching her eye her ring. A.: To be an upper middle class doctor's wife. P.P.: Profs' making lip sounds.

MARY SINNOTT-GERBEC: F.S.: Let's go for coffee. A.: To buy my own xerox machine. P.P.: White burlap uniforms. C.M.: Brillo pads and beach balls. S.A.: Finally finding out how the library works. Is life after U of T?





MARYANNE SLADE: A.: To rewrite the books on theory! F.S.: Whose needs are being met? S.A.: Motherhood and a degree! C.M.: Bouncing around Sunnybrook in 1st year block!

ANNE SLOAN: A.: To teach nursing. F.S.: I need 60 to pass. P.P.: Studying on weekends. S.A.: Getting a B.Sc.N. at U of T and keeping my sanity. C.M.: Student council '81-'82; pubs; biochemistry.





TERESA SMEGAL: F.S.: Muck ah hi ya! P.P.: Instructors who answer questions with "that might be something good to look up." S.A.: Getting a straight answer to a question. C.M.: Apathy. A.: To be the second Polish Pope.

JULIA STOCKHAUSEN: A.: To be a diversified person and elude "burnout." P.P.: MCP's and paranoid nursing students. S.A.: Passing 1st and 2nd year. F.S.: I'm ready and stuff like that.





SUSAN SUE-CHAN: A.: To be a world traveller by my 30th birthday or run a marathon. S.A.: Surviving 4 years of Nursing at U of T. P.P.: Getting up early. C.M.: The friendships made. F.S.: You have the potential.

ANN SZEFTEL: After all these years I have come to the conclusion that "the more things change the more they remain the same." (Author unknown to me).





LORRAINE TAGGART: F.S.: This is the life. A.: To have another cat. C.M.: Chemistry. S.A.: Passing chemistry. P.P.: Chemistry, not having enough pairs of shoes.

CAROLYN THURSTON: A.: To get married. C.M.: Last minute assignments. P.P.: Keeners. S.A.: Coming back again for 4th year. F.S.: S... that broad bugs me!, I'm on a roll.





LYNN TUGHAN: I never thought I'd make it. Thank God and thanks to my family and friends for your encouragement and support. I couldn't have done without you!

KERRY VANDERSLUIS: A.: To be filthy rich and get into Creeds'. P.P.: Pot pourri look alikes and my name misspelled. S.A.: Finally writing what they want to hear. F.S.: See you Monday. C.M.: Pot boppin', rockabye rockin', Mic's singing.





LAURA VIANA: A.: Graduate from this Faculty without going crazy. P.P.: Early morning clinical, term papers, research, etc. S.A.: Passing without doing the required readings. So long U of T!



VICKI WALTON: Vic is known for her special interest in the Faculty's conceptual framework. One can usually find her buried in books or in a photocopy line-up! Her future ambition is becoming Dean of the Faculty! Good luck Vicki?!

JOANNE WILSON: A.: To graduate. F.S.: Holy lifting! C.M.: Nusing curse. S.A.: Passing chemistry. P.P.: Frogs.



#### KEY

A.: Ambition C.M.: Cherished Memory F.S.: Favorite Saying
P.P.: Pet Peeve
S.A.: Significant Achievement



K. ALLAN

D. ARMSTRONG



M. BAGG

H. BROOKS





N. CARTER



G. BROWN



P. CHIAPPETTA



A. DIXON



G. DONALD



L. DURKEE



J. EDEY



P. ELSE



E. EMOND



L. FAULKNER



A. FRAZER



A. FUNK



D. GERRARDI



M. GRESPAN



A. HALL



S. HALL



A. HOROWITZ



A. HORROCKS



M. HOUDE



C. HUDSON



D. JACKSON



H. LAWSON



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A. PAKKER



S. PEAREN



J. PILON



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D. SAINT



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E. TAYLOR



D. TSE



J. UNDERWOOD



E. VANDERLOO



# CLASS OF '82





Surprise!









GRAD PUB



Partying!!



## THE GRAD COMMITTEE



Jean Kirkpatrick, Chairperson

The 1981-82 Grad Committee has enthusiastically and energetically planned and implemented fund raising strategies in order to raise money for the celebration at their termination; one that they will never forget. Meetings, announcements, phone calls and organizing became a part of this committee members' busy schedules.

We have sold delicious chocolate covered almonds, class rugger shirts, catchy slogganed buttons, raffled off an afghan, had a successful and profitable pub at U.C. and served a great hot lunch of hot dogs during Spirit Week. After all of these we are still in the process of making decisions regarding the gala event planned for May 28, 1982, to be held at Fantasy Farms.

We have appreciated everyones' support in making this a memorable finale to four years of academic achievement.

Jean Kirkpatrick

**Grad Committee Chairperson** 

# COMMITTEE MEMBERS

Heather Brooks Ann Dixon Roz Gambell Kathy Grey Susan Hall Ann Higgins Janet Legge Marianne Mann Heather Marshall Sandra Marshall Mary McAllister Pat Morris Sherry Pajari Julie Sanguins Maryann Slade Kerry Vandersluis Vicki Walton















GRAD FUNDRAISING . . .

## **GRADUATION TEA**

The Grad Tea was held for the class of '82 by the Nursing Alumni at the Faculty Club on May 18, 1982. Awards were presented in this party:

The Frances Jeckell Crozier Memorial Prize is awarded annually by the Basic Degree Class of 1963 to remember and perpetuate the spirit of their classmate who died of cancer in October 1977.

The award winner must display the following qualities: involvement in the Faculty, involvement in the University and community, enthusiasm and maturity and scholastic competence. This year the recipient is Mary J. McAllister (right).



Anne Higgins Janet Legge Heather Marshall Patricia Morris Marianne Slade

The Student Council Honour Awards are presented to students who have demonstrated outstanding contribution to the Faculty, to the University, and scholastic competence. The recipients are:

Mary Gretspan Jean Kirkpatrick Marianne Mann Mary McAllister Sherry Pajari Anne Sloan



To entertain this special night, a skit was presented by the Grad Committee.



Judy! -Alias: Joan Brailey!





Bob and Doug!















## THE GRADUATION FORMAL

The Graduation Committee's hard work throughout the year all seemed worthwhile when on May 28, 1982, the Fantasy Farm Make-Believe Ballroom came alive, with nursing princesses (and prince!) and their dates celebrating their graduation.





Professor I. McRae

The representative of the Faculty chosen by the class to speak was Prof. I. McRae.



Susan Pearen

The Valedictorians chosen by the class of '82 were Susan Pearen, for the Basic class and Susan Hall for the Post-Basic class. Both highlighted the memories of our time spent at the U. of T.



Jean Kirkpatrick Grad Chairman

Mike Villeneuve enhanced the dinner hour atmosphere by his piano playing and Anne Higgins displayed her musical excellence by singing "Memories" as all graduates reflected upon the past four years.





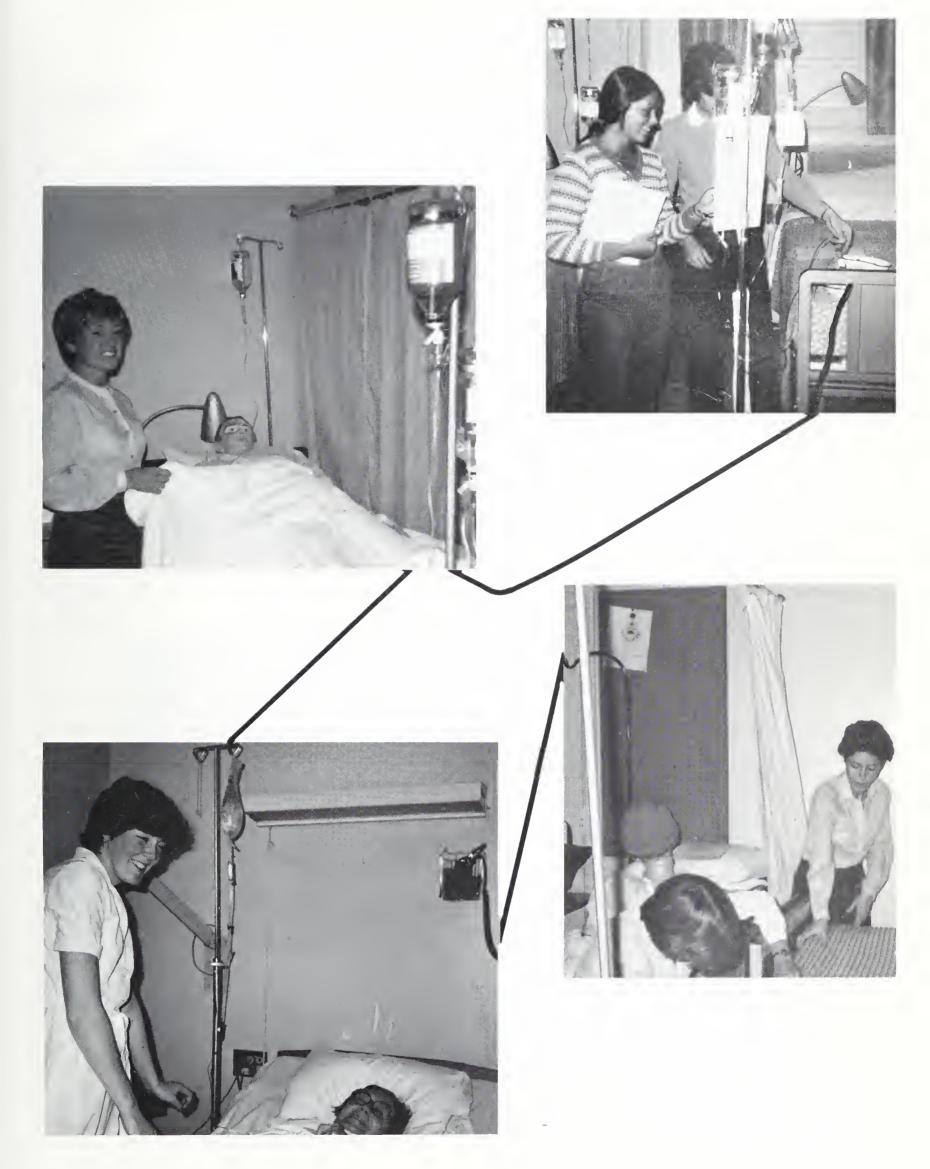
**AREN'T WE CUTE!** 







LABATT'S BLUE BABY



# **CONVOCATION 1982**

## **JUNE 4**



B.SC.N.



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Best Wishes to the Graduates



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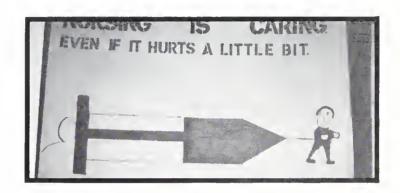
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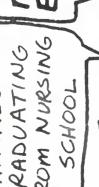


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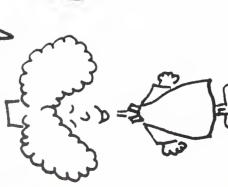
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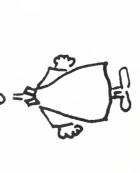
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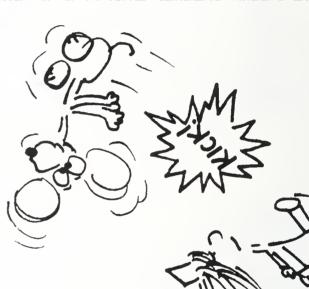






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# EDITOR'S MESSAGE

Despite my several pledges to individual classes to participate, there were still only a handful of students willing to assist in the preparation of the yearbook. Perhaps this general lethargy is due largely to the fact that the importance of the yearbook is seldom appreciated until it has achieved its final form and has been distributed.

The nature of a yearbook is to serve as a permanent reminder of the days when we were young; the good times, the work and the fun that fill our year in nursing. Although there may be little need or desire for this reminder until later, as a year is not missed until it is gone, it is then that the yearbook assumes its value as an irreplaceable souvenir.

I have enjoyed and learned from this editorship where so much devotion and responsibilities are involved.

I like to thank many people for helping to create our "Chrysalis 82" especially to my faithful staff who have been working diligently and imaginatively throughout the year. Roxanne, thank you for giving me inspiration and the "never-minded" attitude to all panic. Lori, if it was not for you, the grads section would not have been that creative and organized. Bettina, a grateful thank you for your job as our yearbook photographer and my acting defender. I can always depend on you in "messy" verbal situation. Pat, thank you for your meticulous layouts, I bet by now you can do them with your eyes closed! Gabriella and Victoria, thank you so much for sticking at it. Oh, yes, the anonymous Tom, thank you for having "guts" to volunteer to do layout - I hope you did not regret! Lastly, I like to thank everyone who helped in any way to create this yearbook.

My best wishes to all of you. I wish the graduates success in their future endeavours and hope that each one will achieve his or her desired career dreams. I hope that when you look back on this book in years to come, treasured memories will be revived once more. To the undergrads, our times will come before long especially if you learn to balance work and play together by getting involved next year.

Soo Ching Wong Editor, Chrysalis 82

## **CHRYSALIS 82 STAFF**



Roxanne Lloyd

Patricia Morris



Lori Cornish



Tom Howley



Bettina Braj



Gabriella Toth



Victoria Pataracchia

## **OUR THANKS TO...**

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Sandra Murphy, (Photo) Sherry Pajari, (Write-Up) Becky Snyder, (Sport Photo) Mike Villeneuve, (Write-Up) Barbara-Anne Walsh, (Yearbook Promoter) Sue Wong, (IYDP Drawing)

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